



**Alexandria Department of Recreation, Parks and Cultural Activities**  
**Recreation Services Division - Sports Office**  
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**2012 – 2013 YOUTH BASKETBALL LEAGUE RULES**

**1. PURPOSE**

- 1.1 The purpose of this league is to provide the youth of Alexandria with a healthful, enjoyable leisure time activity; to develop sportsmanship, team play, self-discipline and integrity; to familiarize all interested youth with the fundamentals of basketball; and to provide the opportunity to play the game in a supervised and organized manner.

**2. PLAYER ELIGIBILITY**

- 2.1 For the purpose of eligibility, a player's age as of March 31, 2013 will determine his/her league age.
- 2.2 A person must be a resident of the City of Alexandria and participate on a team within the Recreation Department's established league boundary lines.
- 2.3 Anyone playing on a high school varsity basketball team as of opening game of the Recreation League is ineligible to participate in the Recreation League for the entire basketball season.
- 2.4 All players are required to show a birth certificate (or acceptable document) to the Recreation Department. Acceptable proof-of-birth includes the following:
- a. Birth Certificate
  - b. Department of Motor Vehicle (DMV) Identification
  - c. Current Recreation Department or ACPS Records
- 2.6 The use of an ineligible player will result in forfeiture of all games in which the illegal player's name appears in the score book.
- 2.7 All players are required to turn in a completed registration form to the Recreation Department by November 15, 2012 before being eligible to participate in practices or league games. A late fee of \$20.00 will be assessed for those accepted after the deadline.
- 2.8 In cases of extenuating circumstances, the Alexandria Recreation Department reserves the right to assign youth to any team, if deemed necessary, in the best interest of the participant and the league.

### **3. COACHES ELIGIBILITY**

- 3.1 Coaches must be at least 18 years of age, complete city volunteer application, criminal history form and be approved by the department before being assigned a team.
- 3.2 Coaches are required to provide their own mode of transportation.
- 3.3 All coaches must be certified by the National Youth Sports Coaches Association (NYSCA) and attend other mandatory coaching clinics as designated by the Youth Sports Office.

### **4. ROSTERS**

- 4.1 Each team is allowed a maximum of ten (10) players and a minimum of eight (8) players unless approved by the Youth Sports Office.
- 4.2 No player may move from one team to another after the first regular season league game.
- 4.3 Official Youth Sports issued roster line-up sheets must be turned into the scorekeeper 15 minutes prior to the scheduled game time.
- 4.4 Only players present at game time will be entered into the official scorebook. Late arriving players must arrive prior to the completion of the second quarter to be eligible to participate.
- 4.5 If eligibility is questioned, all 14 and 17 & under players must present a valid identification card with name and address to the scorer's table before the beginning of each game.
- 4.6 There is no dunking of the basketball in any league games. A one shot technical foul followed by the possession of the ball will be awarded to the opposing team.

### **5. LEAGUE PLAY/MODIFICATIONS**

- 5.1 Games shall be played in accordance with the current National High School Federation rules of Basketball except where changes are specifically stated in these rules.
- 5.2 A game shall be declared forfeited when:
  - A. A team is not ready to play with five (5) eligible players at the scheduled game time. There is no grace period for weekend games, (Saturday/Sunday).
  - B. A team plays an ineligible player.
  - C. A team fails to meet the player participation requirement
- 5.3 If a team forfeits three games due to the lack of five (5) eligible players present at the scheduled game time, such team shall be expelled from the league and shall not be eligible to compete in the post season tournament.

- 5.4 The "No Press" rule shall be in effect in the 10 & under and 12 & under leagues only except in the following:

**8 & Under Rule Modification** - There will be **NO PRESSING** at any time in the 8 & Under Developmental League.

**10 & Under Rule Modification** - Full court pressing will be allowed only in the last **two (2) minutes of the 10 year old league games**. Teams will not be allowed to press if they are leading by twenty (20) or more points.

**12 & Under Rule Modification** - Full court pressing will be allowed in the **last quarter of the 12 year old league games**. Teams will not be allowed to press if they are leading by twenty (20) or more points.

- A. The "No Press" rule is as follows:

When the ball is put in play from any point out-of-bounds in the back court, all defensive players must be situated in the front court until the ball crosses the mid-court line.

- B. When the offensive player has clear possession after a rebound of a missed shot, the defensive players must be situated in the front court until the ball crosses the mid-court line.

- C. Penalty for this rule is a technical foul to the bench. Warnings by the referee are not a given nor are they necessary in order to receive the penalty.

- D. Pressing is allowed at any time in the 14 and 17 & under leagues. Teams will not be allowed to press if they are leading by twenty (20) or more points.

- 5.5 Free throws will be attempted in accordance with the National High School Federation Rules with the following exception:

**Rule Modification:**

- A. **In the 8 & under league, the shooter may step across the foul line after releasing the ball.** However, the shooter may not advance towards the basket for the purpose of catching a rebound until the ball enters the basket or touches the ring. They shall shoot from a 12 foot free throw line instead of the regulation 15 feet.

- B. **In the 10 & under league, the shooter may step across the foul line after releasing the ball.** However, the shooter may not advance towards the basket for the purpose of catching a rebound until the ball enters the basket or touches the ring. **They shall shoot from a 15 foot free throw line.**

- C. **In the 12, 14, 17 & under leagues, the shooter may not step across the foul line after releasing the ball** or advance towards the basket for the purpose of catching a rebound until the ball enters the basket or touches the rim. **THIS IS A VIOLATION. They shall shoot from a 15 foot free throw line.**

- 5.6 Permission must be received from the Sports Office of the Alexandria Recreation Department before any team in the Alexandria Youth Basketball League will be allowed to compete against any team from outside the league. This includes all scrimmages, games and tournaments. Coaches must get written permission from parents before participants can compete against teams outside the league. Outside leagues must provide a release form to the Sports Office before competing against any team in the Alexandria Youth Basketball League at any City owned or operated facility.
- 5.7 Teams in all the divisions may use a zone or player-to-player (man-to-man) defense at any point during the game.
- 5.8 Three (3) point shots will be allowed only where gym floors are properly marked.
- 5.9 **All participants play a minimum of one (1) continuous quarter within the FIRST HALF of the game.** However, coaches are encouraged to give each participant meaningful playing time during the course of the game. There is not an American and National Division in the 8 & under developmental league, girl's division, or 14 and 17 & under boys' divisions.

Exceptions noted:

- A. In the event a player is injured in the first half of the game and the player is removed temporarily and the player is able to continue, the participant still must play one continuous quarter.
  - B. In the event that the Recreation Department assigns more than ten (10) players to a team, those participants must enter the game in the THIRD QUARTER and play one (1) continuous quarter.
  - C. After the game officially begins, each late arriving player will receive a technical foul in order to be entered into the score book. The technical foul will be charged when the player enters the game.
  - D. A forfeit loss will be recorded for any team failing to comply with the participation rule.
- 5.10 Tie-Breaker Rule
- Tie-Breakers in all age divisions will be decided by the following format:
- 1. Best Win - Loss Record
  - 2. Head to Head Competition,
    - A. If teams play twice, the second game will determine the seeding.
  - 3. Coin toss between tied teams
  - 4. There will be no playoff game to break a tie
  - 5. In the event of an abbreviated season, the team seedings will be based on the best winning percentage.

5.11 Scorekeeping/Scoreboard Operator

All home teams must provide one per game to work at the scorer's table during the game when needed. This person must be at least 18 years or older to assist with the scoreboard operation. Scoreboard Operator's may not cheer for its own team during the games. The person must maintain integrity at all times during the scorekeeping process. Failure for the person to maintain integrity throughout the game will cause their removal from the scorer's desk or possibly the gymnasium. The home team is listed second on the schedule. The scorebook is the official record of the game not the clock.

**6. TIMING REGULATIONS**

6.1 Playing time shall be four (4) quarters of seven (7) minutes for all divisions, except the 8 & under division which will be (4) quarters of six (6) minutes with intermissions of one minute after the 1st and 3rd quarters and five (5) minutes between halves. See Attachment 1 for timing regulations.

6.2 The length of each overtime period will be three (3) minutes. A maximum of two overtimes will be played during the regular season. All playoff and championship games will be extended until a winner is declared.

6.3 Each team is entitled to four (4) charged full time-outs per game. During each overtime period, each team is entitled to one extra full time-out. Time-outs not used during regulation play may be used in any subsequent overtime period(s).

**7. EQUIPMENT**

7.1 Only matching Recreation Department issued reversible jerseys will be allowed for league play. Jerseys may not be altered in anyway by the player or coach. Jerseys altered may cause the player to become ineligible to play until it is restored back to the original style. The home team will wear the light colored side of the jersey, while the visiting team will wear the dark colored side of the jersey. The home team is listed second on the game schedule.

7.2 All players must wear basketball or tennis shoes. No street shoes of any kind are allowed. Whenever there is doubt concerning footwear, the referee's decision is final.

7.3 The Recreation Department will furnish game balls, time clocks and official score books. Only balls issued to the coaches, (not players) will be allowed in the gymnasiums during games. Only water bottles and sports drinks will be allowed in the gymnasium. Each team is required to clean their bench area upon completion of the game.

7.4 T-shirts may be worn underneath boy's and girl's uniforms. **White tee shirts only will be allowed.** Only gym shorts or solid color shorts may be worn. Shorts with pockets are prohibited. Players who violate this policy will not be allowed to play until they meet the guidelines.

7.5 Coaches are responsible for their players removing all of the following before the start of a game. Mouth guards are encouraged, but not required. These are not allowed:

- a. All jewelry (neck, ears, fingers, belly and wrists)
- b. All beads, hard barrettes, combs and plastic headbands

## **8. CONDUCT**

- 8.1 All players, coaches, and parents must sign the Code of Sportsmanship prior to the first game. Players will not be permitted to participate until the form is completed and turned into the Youth Sports Office.
- 8.2 Coaches shall be responsible for the conduct of their players, both on and off the court, and spectators. Improper conduct on the part of the players, coaches or spectators may result in expulsion, suspension or forfeiture of the game.
- 8.3 Profane and abusive language by the coaches, players, or spectators will not be tolerated. Disciplinary action can include suspension, loss of NYSCA certification and/or termination from the league for the coaches and players and suspension or expulsion from attending games by the parents and spectators.
- 8.4 If at any time the conduct of any coach shall be determined to be detrimental and contrary to the best interest of this program, such individual may be suspended by the Recreation Department from further participation for whatever period of time deemed reasonable and proper.
- 8.5 There will only be allowed two (2) Recreation Department approved and NYSCA Certified coaches on the bench coaching during a game. If a head coach has a substitute coach or coaches sit in for them for a game, the Youth Sports Office must be notified within 24 hours of the game. If a third coach is official coach is with the team, one of the three coaches must sit in the stands.
- 8.6 Each team must be supervised by the coach or a responsible adult while in the locker room or other areas when using a facility.

## **9. PROTEST/APPEAL PROCESS**

- 9.1 All formal protests must be submitted in writing to the Sports Office by 12:00 p.m. the next business day. The Sports Staff will then review and render a decision within 24 hours of receiving the formal protest. The Department's decision is final.

## **10. RULE CONFLICTS**

- 10.1 Any questions or disputes not covered by the official league rules or the official interpretation thereof shall be decided by the Recreation Department.
- 10.2 When there is a conflict between these rules and the Department's General Rules and Procedures, the latter takes precedence.

# 11. ATTACHMENT 1

## Alexandria Department of Recreation, Parks and Cultural Activities Recreation Services Division – Youth Sports Section

### 2012 – 2013 Winter Basketball League Scorer's Table Information

- Playing time shall be four (4) quarters of seven (7) minutes for all divisions, except the 8 & under division which will be (4) quarters of six (6) minutes with intermissions of one minute after the 1st and 3rd quarters and five (5) minutes between halves.
- The length of each overtime period will be three (3) minutes. A maximum of two overtimes will be played during the regular season. All playoff and championship games will be extended until a winner is declared.
- Each team is entitled to four (4) charged full time outs per game. During each overtime period, each team is entitled to one extra full time out. Time outs not used during regulation play may be used in any subsequent overtime periods.
- There is no grace period for weekend games. Teams need to be ready to play at the scheduled game time.
- The clock will only stop on fouls, free throws, time outs, jump balls, substitutions, injuries and when the official or staff need to take a time out to address an issue. The clock will stop on everything in the last minute of each quarter.
- Pressing Rules: There is NO PRESSING at any time in the 8 & under division. Pressing is allowed in the last two minutes of the fourth quarter in the 10 & under division. Pressing is allowed in the fourth quarter of the 12 & under division. Pressing is allowed at any time in the 14 and 17 & under divisions. Teams will not be allowed to press if they are leading by twenty (20) or more points.
- Teams in all divisions may use a zone or player to player defense at any point during the game.
- After the game officially begins, each late arriving player will receive a technical foul. The technical foul will be charged when the player enters the game. A player must arrive before half time in order to play.

The score book is the official record of the game not the clock. Only ADRPCA staff will be allowed to keep the score book.